

Skagit County Diabetes Statistics, 2003



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Prevalence (adults 18+ years)	Skagit County		Washington State	
	Percent (95% CI) ¹	Number of adults	Percent (95% CI) ¹	Number of adults
	10.0 (6.8, 14.4)	8,386	6.6 (6.2, 7.1)	303,283

Risk Factors (adults 18+ years without diabetes)	Skagit County	Washington State
	Percent (95%CI) ¹	Percent (95%CI) ¹
Overweight or obese ²	56.9 (49.9, 63.7)	56.8 (55.8, 57.8)
Insufficient physical activity ³	44.7 (37.8, 51.8)	35.8 (34.9, 36.8)
Smoke cigarettes	18.1 (13.3, 24.1)	19.8 (19.0, 20.6)
History of high blood pressure ⁴	27.6 (22.1, 33.8)	20.8 (20.1, 21.5)
History of high cholesterol ⁴	30.6 (24.1, 37.9)	31.1 (30.2, 32.1)

Hospitalizations ⁵ (with complications of diabetes)	Number of hospitalizations	Age-adjusted rate per 10,000 total population (95% CI) ¹		Crude rate per 10,000 people with diabetes	
	Skagit County	Skagit County	Washington State	Skagit County	Washington State
Diabetes as first listed diagnosis	116	10.3 (8.5, 12.4)	9.6 (9.4, 9.9)	141.9	191.3
Diabetes as any listed diagnosis	1,593	131.6 (125.2, 138.3)	118.4 (117.5, 119.3)	1,948.0	2,293.6
→ with coronary heart disease	400	32.1 (29.0, 35.4)	36.3 (35.8, 36.8)	489.1	693.1
→ with stroke	139	11.1 (9.3, 13.2)	10.1 (9.9, 10.4)	170.0	190.9
→ with diabetic ketoacidosis	42	4.1 (3.0, 5.6)	3.9 (3.8, 4.1)	51.4	78.9
→ with lower extremity amputation	19	1.6 (1.0, 2.6)	1.9 (1.8, 2.0)	23.2	160.7

Deaths ⁵	Number of deaths	Age-adjusted rate per 100,000 total population (95% CI) ¹		Crude rate per 100,000 people with diabetes	
	Skagit County	Skagit County	Washington State	Skagit County	Washington State
Diabetes as underlying cause	39	30.8 (21.9, 42.6)	26.0 (24.7, 27.4)	476.9	494.4
Diabetes as any cause	112	88.2 (72.5, 106.6)	77.1 (74.9, 79.4)	1,369.6	1,460.9

¹Data presented as: percentage or rate (95% confidence interval).

²Overweight=body mass index (BMI) 25.0-29.9 kg/m², obese=BMI 30.0+ kg/m².

³Insufficient physical activity=reported level of physical activity during leisure time or at work does not meet Centers for Disease Control and Prevention (CDC) recommendations of moderate-intensity activity for 30+ minutes on 5+ days/week or vigorous-intensity activity for 20+ minutes on 3+ days/week

⁴Told by doctor, nurse, or other health professional had high blood pressure and/or high cholesterol.

⁵Rates are not computed for counts <5. Rates based on fewer than 20 deaths or hospitalizations are likely to be unstable or imprecise.